

Menu Day at a Glance

Sunday September 10, 2017	Monday September 11, 2017	Tuesday September 12, 2017	Wednesday September 13, 2017	Thursday September 14, 2017	Friday September 15, 2017	Saturday September 16, 2017
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Oatmeal Egg and Sausage Muffin Scrambled Egg Grilled Ham Assorted Pastry Honeydew	Cream of Wheat Strawberry French Toast Scrambled Egg Bacon Assorted Pastry Orange Wedges	Oatmeal Spinach Mushroom Scramble Scrambled Egg Hash Browns Pastry Pear Halves	Oatmeal Cinnamon French Toast Western Scramble Turkey Sausage Donuts Pineapple Chunks	Cream of Wheat Pancakes Scrambled Eggs Sausage Patty Apple Raisin Cake Prunes	Oatmeal Waffles Denver Scramble Bacon Pastry Peach Slices	Cream of Wheat Pancakes Scrambled Egg Breakfast Ham Pastry Applesauce
Brunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Split Pea Soup Waldorf Salad Carved Leg of Lamb Monterey Chicken Baked Dijon Salmon ✓ Cranberry Almond Rice Scalloped Potatoes Garlic Green Beans Steamed Broccoli Triple Chocolate Cake Raspberry Cheesecake Diet Ice Cream	Egg Drop Soup Cheesy Potato with Broccoli Israeli Roasted Feta Chicken Stir Fry Garlic Parsley Shrimp ✓ Jasmine Rice Snow Peas and Water Chestnut White Cake with Butter Cream Frosting Chocolate Vanilla Parfait Diet Cake	Chicken Vegetable Soup Creamy Tomato Basil Bisque Homestyle Potato Salad Beef Lasagna Chicken Piccata ✓ Garlic Bread Peas w/ pearl onions Mashed Potatoes Strawberry Short Cake Bananas Foster Bread Pudding Diet Cherries	Sausage Potato Spinach Cream of Red Pepper Cherry Tomato Bacon Salad Country Fried Steak with gravy Chicken Vegetable Paella ✓ Mashed Potatoes Green Beans Apple Slab Squares Marble Cake Diet Cake	Chicken Tortilla Bean w/ Bacon Soup Edamame Salad Seafood Newburg London Broil ✓ Whipped Sweet Potatoes Mixed Sautéed Vegetables Coconut Cream Pie Chocolate Kahlua Cake Diet Trifle	Chicken Gumbo New England Clam Chowder Black Bean and Corn Fish and Chips Carnitas Tostada Salad ✓ French Fries Broccoli Cauliflower Blend Ooey Goey Butter Cake Black Forest Cake Diet Pudding	Chicken Orzo Soup Chef's Choice Tomato Artichoke Salad Stuffed Shells with Pesto Ortega Chicken ✓ White Rice Stir Fry Vegetables Orange Cake Tiramisu Diet Ice Cream
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Split Pea Soup Waldorf Salad Open Faced Roast Beef Sandwich Chicken Salad Sandwich Onion Rings Fresh Fruit Triple Chocolate Cake Raspberry Cheesecake No Sugar Added Cheesecake	Egg Drop Soup Cheesy Potato w/ Broccoli Israeli Roasted Feta Cashew Crusted Chicken Beef Stroganoff Shrimp Fajitas ✓ Saffron Rice Egg Noodles Balsamic Brussel Sprouts Summer Squash White Cake with Butter Cream Frosting Chocolate Vanilla Parfait Diet Pudding	Chicken Vegetable Soup Creamy Tomato Basil Bisque Homestyle Potato Salad Pork Colorado with Tortillas Chicken and Dumplings Cod Puttanesca ✓ Garlic Roasted Potatoes Rice Pilaf Roasted Baby Carrots Sautéed Mushrooms & Onions Strawberry Shortcake Bananas Foster Bread Pudding Diet Cake	Sausage Potato Spinach Cream of Red Pepper Cherry Tomato Bacon Salad Corned Beef Parmesan Crusted Pork Chop Red Curry Sole ✓ Basmati Rice Boiled Potatoes Cabbage Garlic Broccoli Apple Slab Squares Marble Cake Diet Mousse	Chicken Tortilla Bean w/ Bacon Soup Edamame Salad Pot Roast Chicken Tamale Basa with Garlic Parsley Butter ✓ Spanish Rice Mashed Potatoes Chayote Squash Roasted Eggplant and Artichokes Coconut Cream Pie Chocolate Kahlua Cake Diet Ice Cream	Chicken Gumbo New England Clam Chowder Black Bean and Corn Salad Chimichurri Tri Tip Chef's Choice Ravioli Herb Roasted Chicken ✓ Spanish Roasted Potatoes Roasted Cauliflower with Lemon and Parsley Sautéed Green Beans with Pear Tomatoes Ooey Goey Butter Cake Black Forest Cake Diet Pudding	Chicken Orzo Soup Chef's Choice Tomato Artichoke Salad Grilled Mahi Mahi with caper thyme butter served with roasted fingerling potatoes and Mediterranean vegetables Pan roasted pork chop with chipotle brown sugar glaze served with roasted fingerling potatoes and charred cauliflower Orange Cake Tiramisu Diet Cookies

Sunday September 17, 2017	Monday September 18, 2017	Tuesday September 19, 2017	Wednesday September 20, 2017	Thursday September 21, 2017	Friday September 22, 2017	Saturday September 23, 2017
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Oatmeal Orange French Toast Cheese Scramble Sausage Links Assorted Pastry Prunes	Cream of Wheat Pancakes Scrambled Eggs Bacon Pastry Du Jour Fruit Cup	Oatmeal Waffles Scrambled Egg Ham Blueberry Muffin Orange Wedges	Oatmeal Egg Cheese Muffin Scrambled Eggs Breakfast Potatoes Donuts Pineapple Chunks	Cream of Wheat French Toast Ham & Cheese Scramble Sausage Patty Donut Holes Tropical Fruit	Oatmeal Western Scramble Scrambled Eggs Hash Browns Cinnamon Roll Applesauce	Cream of Wheat Vegetable Scramble Scrambled Egg Breakfast Ham Danish Peach Slices
Brunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Spring Vegetable Soup Ambrosia Coconut Shrimp Prime Rib Fiesta Chicken ✓ Rosemary Mashed Potatoes San Francisco Rice Creamed Spinach Asian Sautéed Vegetable German Chocolate Cake Cherry Pie Diet Spice Cake	Vegetable Rice Soup Butternut Squash Soup Greek Salad Swedish Meatballs Oven Baked Rosemary Chicken ✓ Buttered Egg Noodles Green Peas Banana Pudding Cake Oreo Cake NSA Mousse	Chicken Noodle Soup Tomato Bisque Caesar Pasta Salad Chicken Cordon Bleu Pasta of the Pacific ✓ Potato Skins Green Beans Lemon Raspberry Cake Caramel Apple Cheesecake No Sugar Added Parfait	Minestrone Soup Cream of Broccoli Soup Artichoke Tomato Salad Turkey Pot Pie Eggplant Parmesan ✓ Buttery Rotini Roasted Cauliflower Chocolate Cake Pineapple Upside Down Cake Diet Cake	Turkey Rice Soup Cream of Cauliflower Jicama Lime Salad Taco Stuffed Peppers Avocado California Chicken ✓ Sweet Potatoes Grilled Zucchini Planks Flan Chocolate Cream Pie Blueberry/ Mango Medley	French Onion Soup New England Clam Chowder Black Bean and Corn Salad Bratwurst with Sauerkraut Catch of the Day ✓ Boiled Potatoes Bacon Collard Greens Red Velvet Cake Apple Strudel Diet Chocolate Cherry Cake	Chef's Choice Soup Coleslaw BBQ Pulled Pork Southwest Chicken Breast ✓ Smokey Black Beans Grilled Vegetables Jasmine Rice Drumstick Diet Lemon Mousse
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Spring Vegetable Soup Ambrosia Spaghetti w/ meat sauce Ham Salad Sandwich Fresh Fruit Garlic Bread German Chocolate Cake Cherry Pie Diet Raspberry Mousse	Vegetable Rice Soup Butternut Squash Soup Greek Salad Hot Dogs Manicotti with Marinara Greek Pork Tenderloin ✓ Mediterranean Couscous Brown Butter Potatoes Classic Succotash Steamed Broccoli Banana Pudding Cake Oreo Cake No Sugar Added Pie	Chicken Noodle Soup Tomato Bisque Caesar Pasta Salad Meatloaf Salmon with Cilantro Pesto Grilled Caribbean Chicken Breast ✓ Mashed Potatoes Red Beans and Rice Island Grilled Vegetable Parmesan Roasted Carrots Lemon Raspberry Cake Caramel Apple Cheesecake Diet Cake	Minestrone Soup Cream of Broccoli Soup Artichoke Tomato Salad Shepherd's Pie Dijon Herb Crusted Sole Roasted Pork loin ✓ Potatoes Au Gratin Mushroom Risotto Ratatouille Sautéed Spinach Chocolate Cake Pineapple Upside Down Cake Diet Tart	Turkey Rice Soup Cream of Cauliflower Jicama Lime Salad Skirt Steak Baja Fish Tacos Portobello Napoleon ✓ Twice Baked Potatoes Mexican Brown Rice Peas and Carrots Chayote Squash Flan Chocolate Cream Pie Diet Cake	French Onion Soup New England Clam Chowder Black Bean and Corn Salad Lime Roasted Baja Chicken Shrimp Etouffee Apple Fennel Pork Chop ✓ Herbed Quinoa Potato Pancake Braised Red Cabbage California Vegetables Red Velvet Cake Apple Strudel Diet Ice Cream	International Russian Dinner Menus available at host podium, café and www.livealtavita.org

**INTERNATIONAL RUSSIAN DINNER
SEPTEMBER 23RD 2017**

RUSSIAN CHICKEN MEATBALL SOUP

**DILLED CUCUMBER SALAD
RUSSIAN POTATO SALAD**

**CHICKEN KIEV WITH VODKA SAUCE
BEEF STROGANOFF
SALMON COULIBIAC**

SALMON IN PUFFED PASTRY DOUGH WITH A DIJON CREAM SAUCE

**ROASTED BRUSSEL SPROUTS AND SWEET POTATO
ORANGE BRAISED CARROTS, PARSNIPS AND TURNIPS
BUTTERED EGG NOODLES**

MUSHROOM BROWN RICE PILAF

**RUSSIAN HONEY CAKE
RUSSIAN CHERRY LAYERED CAKE**